



Friendship Heights

# VILLAGE NEWS



**Don't forget to turn in  
the Village Survey!  
See page 3**

JULY 2018

VOLUME 34, NO. 7

[www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov)

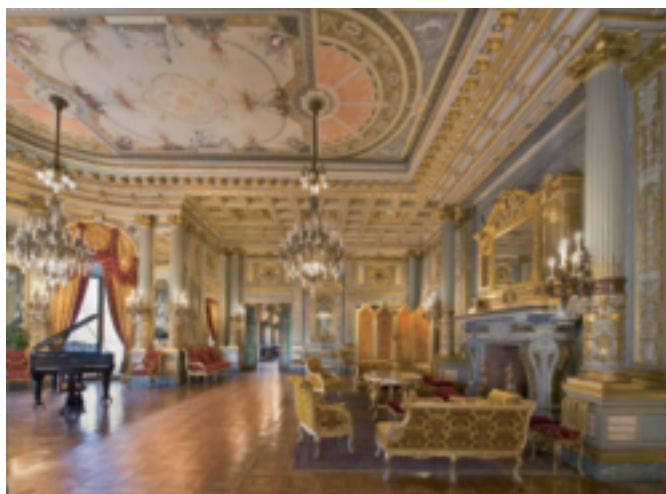
301-656-2797

## A sampling of New England treasures

*Visit Newport mansions, Mystic Seaport and more*

From spectacular summer "cottages" in Newport to the maritime charm of Mystic Seaport to the architectural marvel of Philip Johnson's Glass House, we'll sample some of New England's finest sights during our trip **Monday, Oct. 18 through Friday, Oct. 22.**

Our excursion starts off bright and early on Monday when we depart from the Village Center at 7:30 a.m., stopping by a New Jersey diner for lunch. We'll then travel to the Mohegan Sun Casino and Resort in the picturesque foothills of southeastern Connecticut, where the beautiful Sky Tower will be our home for the



evening.

Operated by the Mohegan tribe, the resort features three lively casinos. Don't want to try your luck in the casino? The resort offers numerous other diversions including several nightclubs, a 55-ft. indoor waterfall, 46 restaurants and bars, and indoor and outdoor pools, plus

*Continued on page 11, see Newport*

## Celebrating July 4th



Join your neighbors for an old-fashioned celebration with hot dogs, patriotic music and fun on **Wednesday, July 4, from 2 to 4 p.m.**, at the Village Center and in Hubert Humphrey Park.

This annual event features the Dixie Stompers, a trackless train for all ages, and Tuti Frutti the Clown.

During the celebration, the Village Council will recognize former Congresswoman Connie Morella with the Elizabeth Scull Outstanding Community Service Award. This award is given to those demonstrating significant service within the community and the greater area. Village resident Barbara G. Tauben will also be honored with a community service award in recognition of her many years of dedication to pedestrian safety and traffic improvements in the Village.



## Summer Saturday workshop offers self-defense for women of all ages

Women ages 16 and older are invited to learn techniques and tactical moves to keep them safe in situations anywhere from campuses to city streets to country roads.

The Friendship Heights Village Center presents "Fight Like A Girl," a one-day course, offered by Annapolis Security and Defense, to

bring safety and awareness to all ladies who are heading off to college, joining the workforce or who just want to learn to defend themselves in a worst-case scenario.

The event takes place **Saturday, Aug. 4, from 10 a.m. to 2 p.m.**, and is divided into three portions: a classroom portion discusses

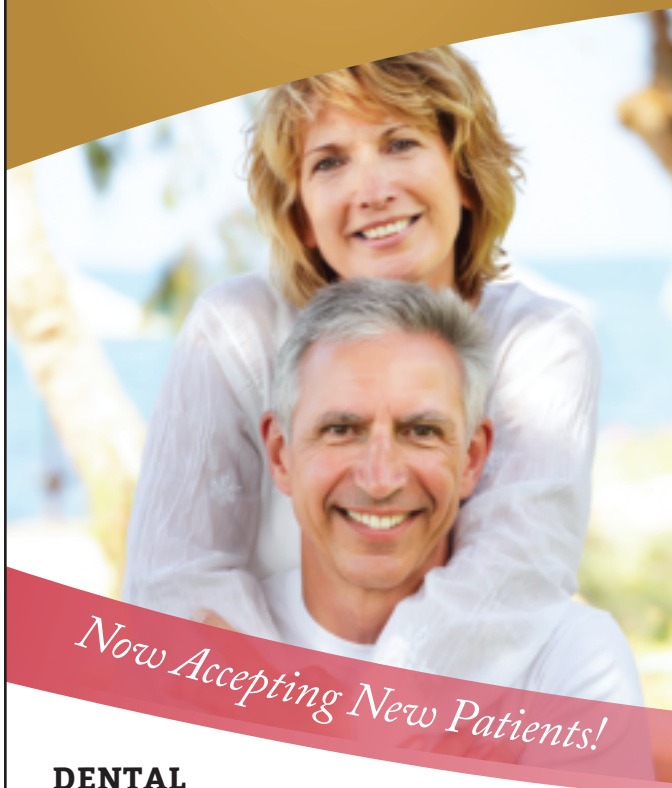
*Continued on page 16, see Self-defense*

**Leonard Bernstein at the Jewish Museum in Philly, see page 5**



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**VILLAGE NEWS**

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

**ADVERTISING**

The deadline for reserving space for the August issue is July 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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# Village Council Update

## Please complete and return the survey!

By now you have received the 2018 Survey of Village Residents that was mailed to each household in June. Please take a few minutes to tell us what you think about our program offerings. The survey contains 11 questions with room for additional comments.

Residents who complete the survey will have a chance to win one of three \$100 gift certificates to Lia's restaurant. To be eligible for the drawing, please mail or drop off your survey at the Village Center (in the box by the front desk) by August 15, and provide your name and telephone number (or email address) so that we can contact you. Thank you for your participation!



2018 Survey of Village Residents

Survey number: 8331

**Demographics**

Your age: ☐ 18-30 ☐ 31-45 ☐ 46-59 ☐ 60-74 ☐ 75 or older Gender: \_\_\_\_\_

Age(s) of your minor children: \_\_\_\_\_

Your year moved to the Village: \_\_\_\_\_

Building name: \_\_\_\_\_

**1. Village newsletter (print version):** Do you read the newsletter on a regular basis? ☐ Yes ☐ No  
If you answered no, why? ☐ It does not interest me. ☐ I have a hard time obtaining a copy.  
☐ Other \_\_\_\_\_

**2. Village website:** Do you visit the website on a regular basis? ☐ Yes ☐ No  
If you answered no, why? ☐ It does not interest me. ☐ I did not know the Village has a website.  
☐ Other \_\_\_\_\_

**3. Village social media (Facebook, Twitter, etc.):**  
Do you visit these sites on a regular basis? ☐ Yes ☐ No  
If you answered no, why? ☐ I am not interested in social media. ☐ I did not know about these sites.  
☐ Other \_\_\_\_\_

**4. Concerts:** What types of concerts would you like offered at the Village Center?  
(Please rate each category from 1 (most desirable) through 5 (least desirable).)

	1	2	3	4	5
Classical	5	4	3	2	1
Jazz	5	4	3	2	1
Pop	5	4	3	2	1
Rock	5	4	3	2	1
Folk	5	4	3	2	1
Country	5	4	3	2	1
Children's	5	4	3	2	1
<input type="checkbox"/> Other _____					

What day(s) and time(s)? \_\_\_\_\_

**5. Movies:** What types of movies would you like offered at the Village Center?  
(Please rate each category from 1 (most desirable) through 5 (least desirable).)

	1	2	3	4	5
Drama	5	4	3	2	1
Romance	5	4	3	2	1
Comedy	5	4	3	2	1
Thriller	5	4	3	2	1
Family	5	4	3	2	1
Foreign	5	4	3	2	1
<input type="checkbox"/> Other _____					

What day(s) and time(s)? \_\_\_\_\_

Please complete reverse side.

## Page Park update

As reported at the June 14 Council meeting, WSSC and Acker Plumbing have completed their portion of the infrastructure work in the park. Our irrigation contractor, Culler Irrigation, is scheduled to begin installing the new irrigation system as this goes to press. The system will use battery-operated control boxes, so we will not have to undergo the extensive work required for



PEPCO to provide power to the park. Residents should expect to see a lot of digging and disruption during the installation process. Once the irrigation system has been

installed, the Council will discuss new plantings for the park, as well as the possibility of using pesticides for maintaining the plantings and turf.

We have approved a proposal to remove the dying birch tree in Page Park. The work will be scheduled as soon as possible. Also, we have installed a new dog waste bag dispenser in Page Park (see photo at left), and the bench that was displaced should be reset by the time you read this.

### Actions taken at the June 14 Council meeting:

- Discussed proposed amendment to Village by-laws regarding hiring policy. No action was taken.
- Approved proposal for increase in maintenance contract to provide raise for maintenance staff.
- Selected former Congresswoman Connie Morella to receive the Elizabeth Scull Community Service Award; selected Barbara Tauben to receive a community service award.

*The next Council meeting, open to the public, will be Monday, July 9, at 7:30 p.m.*

## Learn to how to tame your high-tech car

Don't be intimidated by your smart car. Learn to take advantage of all the wonderful things that high-tech machine car does and have fun in the process.

The AARP is offering a workshop to help you feel confident driving cars with the latest technology.

Join us on **Monday, July 30, at 2 p.m.** for the Smart Driver TEK workshop at the Village Center.

During this 90-minute workshop, you'll learn how to use the latest high-tech safety features in your current car, what technology to look for when shopping for a new car, the safety benefits of blind spot warning systems, forward collision warnings, smart headlights, and more.

"We find that seniors like the safety features and they want the safety, but if they don't understand the technology they are intimidated by it and turn it off," said Nina Uzick of the Montgomery County AARP District Coordinator for Adult Driver Safety. "This class is designed to make people more comfortable, to understand the technologies and the reasons for the technologies."

The fee is \$5 per person. Pre-registration is required. To sign up, stop by the Village Center with cash or check, or sign up in person or online at [aarp.org/workshop](http://aarp.org/workshop).



## Monuments by moonlight

Join us on a sunset/moonlight tour of the monuments of the nation's capital on **Tuesday, July 10, at 6 p.m.**

During this mostly driving tour with our guide Betsy Thompson, as the sunset and darkness falls on the city, we'll visit the Jefferson Memorial, the FDR and Martin Luther King Jr. memorials, the Lincoln and the Korean War memorials, and the World War II Memorial. Weather permitting, we'll step off at select sites. We'll also see the Capitol and the Smithsonian Castle.

The cost is \$45, which includes the driving tour and driver gratuity. We will depart from the Village Center at 6 p.m. and should return by 9:30 p.m.

Sign up immediately at the Village Center. The deadline to register for this trip is July 3.

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# ON THE GO...

## An intimate look at composer Leonard Bernstein's life

Celebrate the centennial of one of the greatest composers and conductors of the 20th century when we travel to Philadelphia to the National Museum of American Jewish



History on **Tuesday, Aug. 7.**

For a limited time the museum is hosting "Leonard Bernstein: The Power of Music," the first large-scale museum exhibition to illustrate Leonard Bernstein's life, Jewish identity, and social activism.

The exhibit features interactive media and sound installations with about 100 historic artifacts, including Bernstein's piano, marked-up scores, conducting suit, annotated copy of "Romeo and Juliet" used for the development of "West Side Story," personal family Judaica, composing easel, and a number of objects from his studio.

We'll depart from the Village Center at 9 a.m. and drive to Campo's in Philadelphia for a boxed lunch featuring authentic Philly cheesesteaks. Following lunch, we'll head to the National Museum of American Jewish History for a guided tour of the Bernstein exhibit.

You'll also have time to explore the museum and its gift shop. The core exhibition highlights the diverse backgrounds, expectations, and experiences of Jews who came to and made their homes in the United States. On each of the core exhibition's three and a half floors you will encounter people, episodes, ideas, and experiences that highlight the religious, social, political, and economic lives of American Jews.

We'll make a fast-food stop (on your own) for dinner on our way back to Friendship Heights. We should return by 8 p.m.

The cost of the trip is \$104 and includes round-trip transportation, boxed lunch, guided tour and all taxes and gratuities.

Sign up immediately at the Village Center. There are 24 spaces available.

## Enjoy a day at Rehoboth Beach

Take a break and enjoy a day at the shore when we visit Rehoboth Beach on **Thursday, Aug. 23.**

Whether you take in the sea air or go shopping at the area



outlets, you can decide. We'll take you to the beach, then you're free to choose your itinerary. We'll depart from the Village Center at 8 a.m., arriving in Rehoboth in time for lunch—there are numerous restaurants and cafes along the Boardwalk and Rehoboth Avenue. We'll return to the Village Center around 8 p.m.

The cost of the trip is \$65. Sign-ups for residents and one guest begin immediately. Nonresidents may sign up beginning Aug. 7.

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**Medicine/Foot Surgery    Early Morning Hours**

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

# PLAYING on the BIG SCREEN



*All movies begin at 7 p.m. Enjoy free popcorn during the movies.*

**Thursday, July 5, 7 p.m. — Movie — “La La Land”** — Oscar-winning director/writer Damien Chazelle weaves the story in this wondrous musical about the struggling actress Mia and aspiring jazz pianist Sebastian who begin a whirlwind romance as they both pursue their dreams in L.A. Their relationship is challenged when their careers pull them in different directions. Stars Emma Stone and Ryan Gosling. Dancing and singing permitted by all who attend! A perfect family night!!! Rated PG-13 Running Time: 128 minutes

**Thursday, July 12, 7 p.m. — Movie — “Mamma Mia”** — Join the party...Meet the family...and celebrate with your Village friends this joyous romance/musical! We'll transport you to the Greek isle of Kalokairi, and watch single mom Donna, (played by the exquisite Meryl Streep) go into a tizzy when her bride-to-be daughter invites three of mom's ex-lovers to the wedding. Rated PG. Running Time: 108 minutes

**Thursday, July 19, 7 p.m. — Movie — “On The Town”** — New York, New York, it's a helluva town! Especially if you're sailors Gene Kelly, Frank Sinatra and Jules Munshin, on leave and ready for fun in New York City in this Oscar-winning musical comedy. Tunes include “Come Up to My Place” and, of course, “New York, New York.” A great way to join the worldwide celebration of the 100th birthday of Maestro Leonard Bernstein, who composed the music/score for this amazing musical! Rated G. Running Time: 98 minutes

**Thursday, July 26, 7 p.m. — Movie — “West Side Story”** — Continuing with our tribute to Bernstein, this electrifying musical sets the ageless tragedy of Romeo and Juliet in the slums of 1950s New York. Winner of 10 Academy Awards, including Best Picture 1961, the score includes the classics with music by Bernstein and lyrics by Sondheim, “Something's Coming”, “Maria”, “America”, “Somewhere”, “Tonight”, “I Feel Pretty”, Rated G. Running time: 151 minutes



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# ART and CULTURE

## Celebrating summer!

You are invited to visit Friendship Gallery this month to see "The Good Ole Summertime," a multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists. Awards will be given to the winners at a reception on **Sunday, July 8, from 11:30 a.m. to 1:30 p.m.** All are invited to attend.

This year's juror is Llewellyn Berry, photographer and Village instructor. Lew taught photography, radio production, broadcast journalism and media studies in the D.C. Public Schools for almost 40 years. As a photographic artist, Mr. Berry has exhibited throughout the D.C., area, in Cuba and South Africa where he also lectured on photography and photojournalism. He is the founder of the Kindalew Gallery and, more recently, the Kindalew Collective. In retirement he continues his work as a photographic artist and teaches two photography classes at the Center.

The exhibit runs until July 29. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday,

## Take a tour of the farmer's market

Village resident Maureen Rieras, a certified nutritional specialist and licensed dietitian, will conduct free informal educational tours of our farm market at the Village Center on Saturdays, at 9:30 a.m, beginning on July 14. Meet at the statue by the fountain in front of the Village Center. Attendance is limited to six. Learn about the health benefits of different fruits and vegetables, ways to keep them fresh and how to prepare and cook them.

9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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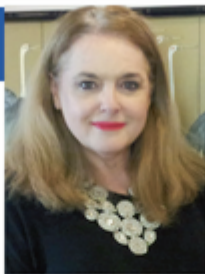
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Friendship Heights  
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Calendar  
of Events

# 2018

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club <b>5:30 p.m.: Community Advisory Committee</b>	3 8:15 a.m.: Walking Club 10:30 – 11:30 a.m.: MC Students “West Side Story” 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 6:30 p.m.: Pilates	4 <b>2-4 p.m.: July 4<sup>th</sup> Celebration</b> <b>Shuttle runs on a weekend schedule</b>	5 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime <b>7 p.m.: Movie: La La Land</b>	6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	7 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
8 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b>	9 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club <b>7:30 p.m.: Friendship Heights Village Council Meeting</b>	10 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6 p.m.: Depart for Monuments Tour 6:30 p.m.: Pilates	11 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Hospice Options <b>7 p.m.: Concert: IONA</b>	12 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Mamma Mia</b>	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	14 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
15 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 7 p.m.: Café Muse	17 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	18 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>7 p.m.: Concert: Tommy Cecil Trio</b>	19 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: On the Town</b>	20 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	21 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Basic Photography 9:30 a.m.: Photography for Children
22 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 10 a.m.: Great Books 12:30 p.m.: Bridge Club	24 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	25 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>7 p.m.: Concert: Richard Miller</b>	26 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime <b>7 p.m.: Movie: West Side Story</b>	27 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	28 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs <b>9:15 a.m.: Depart for Shepherdstown</b> 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
29 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	30 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books <b>10 a.m. – 2 p.m.: MVA Mobile Office</b> 12:30 p.m.: Bridge Club <b>2- 3:30 p.m.: AARP Smart Driver TEK</b>	31 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	The Village Book Club will meet on <b>Tuesday, July 17, at 11 a.m.</b> The book selection is “Pachinko” by Min Jin Lee. Look for a copy in the Center Reading Room in the “Village Book Club Selections” bookcase.			

Shuttle bus hours



Monday through Friday      6:40 a.m. to 9:40 p.m.  
Saturday and Sunday      8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday      9 a.m. to 9 p.m.  
Friday      9 a.m. to 5 p.m.  
Saturday and Sunday      9 a.m. to 2 p.m.

Fresh produce practically at your doorstep

Twin Springs Fruit Farm will set up its market on on the portico of the Friendship Heights Village Center every **Saturday from 9 a.m. to 1 p.m.**, until mid-December.

The farmers expect to have their own tomatoes, arugula, cucumbers, basil, sweet peppers and spring mixed greens. In addition, they will feature fresh asparagus, radishes, spring onions, lettuce and other veggies. Also available in July are red raspberries, cherries, blackberries, blueberries, peaches, plums, baked goods, jams and jellies, apples, cheese and eggs. See you at market!







# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

## ART

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter. Wednesdays, 1 to 3 p.m., Aug. 15 – Sept. 26. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents. Class will not meet Sept. 19.

### BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Aug. 4 - Sept. 29, \$130. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. \*A one-hour class within the adult class is available for children for a rate of \$60. Children must have completed Basic Photography for Children. Class will not meet Sept. 1.

### BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white

and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Aug. 11 - Sept. 22. \$60. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. A minimum of 4 is required for this class. Class will not meet Sept. 1.

## EXERCISE

### BALANCE, MOVEMENT AND MEMORY

A 4-week class, Fridays, 10:30 to 11:30 a.m., July 27 - Aug. 17. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$55 for residents; \$60 for nonresidents.

### DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., June 25 - Aug. 6. \$70 for residents; \$75 for nonresidents. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information. Class will not meet July 23.

### DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., June 6 - Aug. 1. \$70

for residents; \$75 for nonresidents. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. Visit [www.dctaichi.com](http://www.dctaichi.com) for more information. Class will not meet July 25.

## YOGA

A 6-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV's Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., July 1 – Aug. 19. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don't eat for 2 hours before class. \$82 for residents; \$88 for nonresidents.

## ONGOING GROUPS

### BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays from 12 to 4 p.m. The nurse is also available for consultations, Tuesdays from 2 to 4 p.m.

### COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

### DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

## **GREAT BOOKS GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

## **HEALTH INSURANCE COUNSELING**

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the

Jewish Council for the Aging.

## **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

## **TEA**

Village volunteers serve hot beverages, cookies, assorted pastries and fruit to Village residents and guests every Tuesday from 3 to 4 p.m.

## **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time. See page 9 for more details.

## **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

## **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays, 11 a.m. to 4 p.m. Children must be accompanied by a caretaker over age 13.

## **WALKING CLUB**

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

## **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

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### **Newport, continued from page 1**

a solarium, a spa and shops. Dinner and breakfast are included and served in the Seasons Buffet.

Following breakfast, we're off to Newport, R.I., the "playground of the wealthy" known for extravagant summer "cottages," sporting pastimes and beautiful ocean views.

The legacy of John F. Kennedy is synonymous with New England, especially Newport. Upon arriving in Newport, we'll board The Gansett for an hour-long cruise of Newport Harbor and Narragansett Bay. Learn the local legends, the rich history of this amazing seaport, and enjoy an up-close view of Hammersmith Farm, where Jackie Kennedy spent her childhood and returned as First Lady.

Lunch follows at Johnny's Restaurant at the Atlantic Resort, then



we'll take a short drive to St. Mary's Church, where the Kennedys took their wedding vows. Sit back and enjoy "Return to Camelot," a live musical and video presentation at the church.

Then experience a narrated tour of scenic Ocean Drive along Newport's southernmost coastline. You'll see the historic landmarks, picture-perfect vistas, and incredible architecture that made the Kennedys fall in love with Newport.

We'll then check into our home

for the next two nights - the Hotel Viking, an elegant redbrick hotel dating back to 1926. You'll have the evening free. Enjoy dinner on your own at the hotel or any of the numerous fine restaurants closeby.

The next morning we'll tour two of Newport's most exquisite properties. Modeled after the mid-18th century chateau d'Asnieres outside Paris, The Elms was the summer resident of coal magnate Edward Julius Berwind. The interior features the Berwinds' collection of Renaissance ceramics, 18th century French and Venetian paintings, and Oriental jades. Its Classical Revival gardens include terraces displaying marble and bronze sculpture, a park of fine specimen trees and a lavish lower garden featuring marble pavilions, fountains, a sunken garden and carriage house and garage.

Relax over a casual lunch (on your own) at the new Visitor's Center at The Breakers before we tour

**Continued on page 15, see Newport**



# CONCERTS



**Concerts are held every Wednesday from 7 to 8 p.m. in the park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors to Huntley Hall in the Village Center.**

**Wednesday, July 11 - IONA** –The top Pan-Celtic Group IONA, based in the D.C. area, returns to Friendship Heights to bring high energy entertainment featuring multiple fiddling styles, dynamic dancing, driving percussion, and strong vocals from all the Celtic nations, and America. Presenting the music and dance of all the Celtic countries--Scotland, Ireland, Wales, Cornwall, the Isle of Man, Brittany, Asturias and Galicia- IONA emphasizes that America is the repository of these cultural influences. Audiences of all ages are encouraged to clog along, or perform Breton line dances, and join in singing. Co-founders Barbara Tresidder Ryan (lead vocals, Celtic bouzouki, guitar and bodhrán) and Bernard Argent (wooden flute, whistles, doumbek, back-up vocals) are joined by Air Force Band veteran Jim Queen on fiddle, banjo and vocals, and Chuck Lawhorn on 6-string bass guitar, whistles and vocals. The group has released eleven albums, the most recent of which, Silver, is their 25th anniversary celebration.

**Wednesday, July 18 – Tommy Cecil Trio** – Join us for an evening of warm jazz in the park with bassist Tommy Cecil. Tommy has been active in the D.C. jazz scene since 1976 when he moved from his hometown, Baltimore. In that time he has established himself as one of the most in-demand players in the area. He has performed with many of D.C.'s jazz favorites, including John Eaton, Buck Hill, Charlie Byrd, Dick Morgan, Shirley Horn, Brooks Tegner, and the Redd Brothers. As a freelancer, Cecil has been sought by out-of-town artists like Mose Allison, Tommy Flanagan, Joe Henderson, and many others. Concert appearances have taken Tommy throughout the U.S. and overseas. Tommy is featured on dozens of recordings as a sideman. As a leader, he has released three albums: "Our Time: Sondheim Duos Volume 2" and "Side by Side: Sondheim Duos" with pianist Bill Mays; and "Samba for Felix" featuring Tommy Flanagan, Billy Hart, Gary Bartz, Paul Bollenback, and Cyro Baptista. He released two albums with pianist Louis Scherr, including "The Song Is You" and "Warm Valley featuring Joe Henderson."

**Wednesday, July 25 – Richard Miller** - Born and raised in Rio de Janeiro, guitarist Richard Miller is a renowned as a performer of Spanish and South American music. While living here in the D.C. area, he was a regular performer at the Brazilian American Institute and the Brazilian Embassy. He recently moved to New York, and is on the guitar faculty of Columbia University, and is the Director of Education Programs at Afro Latin Jazz Alliance. He maintains a busy performance schedule in New York, and tours throughout North, Central and South America and Europe. Recent performances included Merkin Hall in NYC, the Kennedy Center, and a State Department concert. Bossa Nova Tunes promised —so bring your dancing shoes!

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# TO YOUR HEALTH

## Insight and options for future health care needs

It may be time to begin exploring your future health care needs and the different options that are available. Suburban Hospital in partnership with Montgomery Hospice will address these topics during a seminar on **Wednesday, July 11, from 1 to 2 p.m.** at the Village Center. This seminar will provide the insight and guidance you need to help you navigate this sensitive topic and enable



your loved ones to make informed decisions. Get the information you need to understand hospice benefits,

advance directives and MOLST forms and why it is important to be prepared. Call 301-656-2797 to RSVP.

## A theatrical take on caregiving

Mark your calendars for **Saturday, Sept. 15**, when former Friendship Heights resident Paula Stone presents "Because She's My Mother," a play reading about an adult daughter's struggles—to balance her life, face loss and let go—as she cares for her failing mother.

Filled with conflict, poignancy, as well as humor, the script will be read by local-area actors and followed by a discussion facilitated by the play-

wright, Paula Stone. The program begins at 10 am. with the reading. It will include a short break, and discussion before concluding at 1 p.m.

Paula's plays have been produced, published, broadcast on radio theater, and won awards. She has been a longtime member of the Playwrights Forum of Washington DC and the Dramatists Guild. Paula, who was a caregiver for her mother, recently led a workshop series for

Montgomery County HHS's Caregiver Support Program for adult-daughter caregivers.

If you are currently or expect to become a caregiver, or if you are now the recipient of care, please join us the issues and challenges surrounding aging, caregiving, and associated family dynamics.

This event is free, but please register by calling the Village Center at 301-656-2797.

## Our Listings in the Friendship Heights Community

### FOR SALE

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5600 Wisconsin Ave. #907  
\$1,550,000; 2 BR + Den, 2.5 BA,  
Views, Balcony, 2,092 SqFt

5600 Wisconsin Ave. #701  
\$1,100,000; 2 BR, 2 BA,  
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1003  
\$2,545,000; 2 BR + Den, 2.5 BA,  
Renovated, Balcony; 3,021 SqFt

5610 Wisconsin Ave. #607  
\$2,220,000; 2 BR + Den, 2.5 BA,  
Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #602  
\$1,995,000; 2 BR + Den, 2.5 BA,  
Tree views, Balcony; 2,503 SqFt



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## Café Muse presents...

This month's Café Muse, on **Monday, July 16**, will feature poets Grace Cavalieri and Valerie Wallace.

Grace Cavalieri's new book is "Other Voices, Other Lives: A collection of poems, plays and interviews." Her latest work on stage was "Calico and Lennie" on a three-part bill with plays by Langston Hughes and Luigi Pirandello. Her poetry most recently appears in the "Innisfree Poetry Journal," "Poets&Artists," "Lips," "Broadkill Review," "Lummox," "American Life in Poetry," "The Delaware Review," "TEXTure Magazine," and elsewhere. She is the recipient of several poetry and playwriting awards. She produces "The Poet and the Poem" for public radio, celebrating 41 years on-air, and writes the monthly poetry columns/reviews for The Washington Independent Review of Books. She lives in Annapolis.

Valerie Wallace is the author of "House of McQueen" and the chapbook "The Dictators' Guide to Good Housekeeping." Her poems appear most recently in "Radar," "Tupelo Quarterly," "Rust + Moth," "TINGE," "Ilanot," and elsewhere. Her work was selected by Vieve Francis for the Four Way Books Intro Prize in Poetry and by Margaret Atwood for the Atty Award. Other awards include an Illinois Arts Council Literary Award,

the San Miguel de Allende Writers Conference Poetry Award, and various fellowships and grants to support her writing. She lives in Chicago.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open mic that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization.



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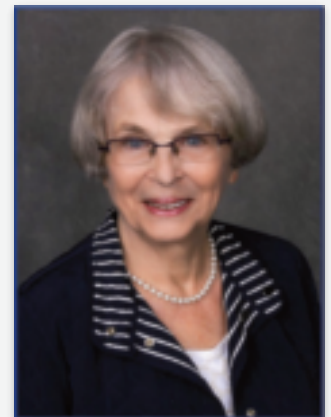


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this magnificent home.

The Breakers is considered to be the grandest of the Newport's summer "cottages" and a symbol of the Vanderbilt family's social and financial preeminence in turn of the century America.

That evening we'll savor a three-course dinner at The Moorings, a waterfront restaurant known for beautiful views and exquisite dishes.

Following breakfast the next morning, we're off to explore Mystic Seaport, the nation's leading maritime museum. Founded in 1929, the museum is home to four National Historic Landmark vessels, including the Charles W. Morgan, the last wooden whaleship in the



world. Mystic Seaport features a working preservation shipyard, a working waterfront, exhilarating exhibits, and historic gardens.

We'll take a guided tour, then you're free to explore the seaport and enjoy lunch on your own.

Later that afternoon, we'll check into the Stamford Marriott Hotel and Spa, where you may relax in your deluxe accommodations. The hotel offers a top-rated spa, and several dining options for dinner on your own.

After breakfast the next morning, we'll visit another spectacular house on the final day of our five-day tour. The Philip Johnson House is an architectural wonder. The Glass House, built in 1949 by famed architect Philip Johnson, is one of the nation's greatest modern architectural landmarks. Its exterior walls are made of glass with no interior walls, a radical departure from houses of the time. Johnson described it as "the only house in the world where you can see the sunset and the moonrise at the same time, standing in the same place."

Following our tour, we'll enjoy lunch in New Canaan before driving home. We should return to Friendship Heights in the early evening.

The cost of the trip, which includes round-trip transportation, four nights' deluxe accommodations, two dinners, three lunches, four breakfasts, harbor cruise, special Kennedy presentation at St. Mary's church, admission to two mansions, guided tours of Mystic Seaport and the Philip Johnson House, step-on guide services, and all taxes and gratuities is \$1354 per person based on double occupancy. The single supplement is \$375.

The trip price increases to \$1399 for those signing up after Aug. 1.

A deposit of \$500 is due at sign up, and is refundable until July 31. The second payment of \$400 is due Aug. 15. The balance is due Sept. 15.

Sign ups for residents and one guest begin immediately at the Village Center. Nonresidents may sign up beginning July 10. There are 24 spaces available.

We recommend you consider purchasing trip insurance. **Please note this trip requires walking and climbing stairs. Please consider this when signing up.**

## Keeping your eyes safe around fireworks

The Vision Support Group takes a summer break from its monthly "Lunch and Learn" series during the months of July and August. The series will meet again on Thursday, Sept. 20, at 12 p.m. at the Village Center.

In the meantime, the group offers these summer safety tips:

According to the American Academy of Ophthalmology(AAO), fireworks injure thousands of Americans every year. The AAO advises that the best way to avoid a potentially blinding fireworks injury is by attending a professional public fireworks event and respecting the safety barriers at these fireworks shows.

Never let young children play with fireworks of any type, including SPARKLERS. Leave the lighting of professional-grade fireworks to trained pyrotechnicians.

If any eye injury from fireworks occurs, seek medical attention immediately.

Do NOT rub your eyes, do NOT rinse your eyes, do NOT apply pressure, do NOT remove any objects that are stuck in the eye, do NOT apply ointments or take any blood thinning medications such as aspirin or ibuprofen.

For more information, talk with your personal eye care professional, or contact the American Academy of Ophthalmology, [www.aaao.org](http://www.aaao.org).

### Save the Dates

#### **Monday, Sept. 24 and Thursday, Sept. 27:**

Village resident Cheryl Douglass discusses the dangers of sepsis, what to look for and how early treatment can save a life. Look for details on the talks in the August and September issues of the *Village News*.



### **Self-defense, continued from page 1**

possible dangers women will or could face; a practical portion, which teaches basic strikes, knees, elbows and heel strikes. There will also be a discussion and demonstration and practice of striking do's and don't's, grips and escapes and weak/strong points. The presentation also includes a special component for younger women entering or in college— including party safety, dorm safety, common spaces and parking lots, and social settings. The program ends with a review.

"Self-defense is more than knowing how to fight back against a physical attack, it is a mindset. Our 'Fight Like a Girl' program encourages its students to think in terms of options and choices," said Angie Roller of Annapolis Security. "It helps develop awareness, assertiveness, verbal confrontation skills, safety strategies and physical techniques that can enable someone to successfully prevent, escape and resist and attack."

Role playing and hands-on skills provide students with an opportunity to develop critical thinking, to respect their instincts, cultivate assertiveness, and build self-esteem.

All females 16 and over are invited to attend and

observe. There will be a limited number of spaces available for those who would like to participate in the physical/ practical portion. Please note that the participants in the physical portion will punch, strike, kick and tumble.

Those participating in the physical portion must sign a waiver and pay a \$15 fee. All others are welcome to observe. Attendees are not required to participate in the physical portion and are encouraged to support all participants!

We'll begin with the classroom discussion, take a short break for refreshments, and continue with the physical portion and review.

If you are headed off to college, are currently attending classes or have a daughter who is about to embark on a college career, please consider taking this course.

Sign up immediately by stopping by or calling the Village Center at 301-656-2797.

Let's support all the women in our community by attending this very important program!

To see an example of the physical portion, check out this video at [www.annapolisdefense.com/womens-self-defense](http://www.annapolisdefense.com/womens-self-defense).



*Friendship Heights*

**VILLAGE NEWS**

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**July 2018 events calendar**